

Thursday, Sep 22, 2016

## Evening Enrichment Series brings autism experts to OU

This fall, the Oakland University Center for Autism's Outreach Services (OUCARES) will host three talks from experts who will share their knowledge on a variety of topics related to Autism Spectrum Disorder (ASD). Part of OUCARES' Evening Enrichment Series, these monthly presentations are free and open to the public.

"OUCARES' mission is to improve the quality of life of people impacted by ASD, including families and our community. These Evening Enrichment presentations are specifically designed to give families and community members innovative and practical information and strategies to have a positive impact on people with autism and help improve their quality of life," said Kristin Rohrbeck, Director of OUCARES.

### "Female Asperger Syndrome and the Challenges of High Functioning Autism"

6 – 7:30 p.m. on **Thursday, Sept. 29**, in the Oakland Center Gold Rooms

Tracey Cohen, an adult with ASD and author of *Six Word Lessons on Female Asperger Syndrome*, will discuss the female perspective of ASD and strategies to support individuals on the spectrum. Topics will include:

- Lesser known differences of males and females on the autism spectrum
- Common myths about high-functioning autism
- Strategies to embrace ASD and live life to 'your individual' fullest
- Bridging the gap between awareness and understanding
- Why diagnosis is beneficial and recommended at any age

### "Supporting Siblings of Children with ASD: What Families Can Do to Help Siblings Understand and Be Involved"

6-7 p.m. on **Thursday, Oct. 13**, in Oakland Center Lake Superior Room A

Tiffanye Teagarden, LPC, LMFT, NCC, will discuss the experience of having a sibling with ASD and how to build support within the family. Topics will include:

- Possible challenges related to having a sibling with ASD
- How to provide support for a sibling with ASD
- Balancing the needs of both siblings
- How needs and relationships may evolve over time

### "Benefits of Animal Assistance for Individuals with Autism Spectrum Disorders"

6-7:30 on **Thursday, Nov. 10**, in the Oakland Center Gold Rooms

Amy Johnson, MAT, MA, LPC, director of Oakland University's Animal Assisted Therapy Certificate Program, will discuss the realities of pet ownership and how the human-animal bond can build a child's self-esteem and self-efficacy. Topics will include:

- Allowing a child to form a safe, positive relationship with an animal
- Helping a child learn social skills through his or her interactions with an animal
- Regulating emotions with the help of an animal
- Practicing academic skills (such as reading) with the help of an animal



OUCARES will host three talks from experts who will share their knowledge on a variety of topics related to Autism Spectrum Disorder. The talk on November 10 will highlight the benefits of animal assistance for individuals with Autism Spectrum Disorders.

- Having realistic expectations of pet ownership and the human-animal bond

Those planning to attend an event are asked to RSVP by emailing [oucares@oakland.edu](mailto:oucares@oakland.edu) or calling (248) 370-2424. Visit OUCARES' web at [oakland.edu/oucares](http://oakland.edu/oucares).